



Central Adirondack Association
&
Camp Mark Seven
present



9th Annual Scenic Road Race
5K/10K Race/Run
5K Walk
Kid's 1K Fun Run
October 10, 2009



CENTRAL ADIRONDACK ASSOCIATION
PO BOX 68
OLD FORGE, NY 13420

NOTICE: Athletes who participate in this competition may be subject to drug testing in accordance with the USAT&F rules and IIAF Rule 55. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified for this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing can be obtained by calling the USOC Drug Hotline at 800-233-0393.

COURSES

Both events start and finish on North Street in Old Forge.

The **USATF Certified 5K/10K race course** is run on a flat course in Old Forge, NY. The course is surrounded by the beauty of the Adirondack Park including the Moose River and the Old Forge waterfront.

KID'S KILOMETER

The Kid's Kilometer Fun Run is sponsored by the Central Adirondack Association and Camp Mark Seven. Ages 2-7 will run 1/2K. Ages 8-12 will run 1K. There is no fee.

STARTING TIMES

- 5K Walk.....9:00 am
- 5K/10K Run.....9:15 am
- Kid's Kilometer Fun Run.....10:30 am

REGISTRATION

Applications are available at the Old Forge Visitor Information Venter.

By Mail: Before September 30th.....\$25

Day of Race.....\$30

NO REFUNDS - \$25 FEE FOR RETURNED CHECKS

Registration on the day of Race will be at the Pavillion on North Street in Old Forge from 7:30 to 8:30 am.

PACKET PICK-UP

Race packages will be handed out at the Hildebrant North St pavilion on race day starting at 7:30 ending at 9am.

T-SHIRTS

T-shirts will be given to all registered 5K/10K runners and walkers.

INFORMATION

For additional information, call the Old Forge Visitor Center (315) 369-6983 from 8 am to 5 pm weekdays or these websites, www.campmark7.org or www.visitmyadirondacks.com or www.oldforogeny.com.

DRESSING FACILITIES

Dressing facilities will be available at the Pavillion on North Street from 8:00 am to Noon.

FOOD

A post-race snack will be available to all runners and walkers.

AWARDS CEREMONY

The Awards Ceremony will be held after the three running/walking events. Computerized results will be posted as soon as they are compiled. Results will be posted on CAA/CM7 websites.

AWARDS

RRCA 5K RACE - Special commemorative awards will be presented in the following male and female divisions.

Under 13	13-20	20-30	30-40	40-50
50-60	60-70	70-80	80+	

RAFFLES

Raffle tickets: Cash prizes will be awarded for 1st, 2nd and 3rd place winners.

DONATIONS

Persons unable to participate in the race are more than welcome to donate to the Central Adirondack Association (PO Box 22, Old Forge, NY 13420) and/or Camp Mark Seven (144 Mohawk Hotel Road, Old Forge, NY 13420).

RUNNER'S WORLD

This race is advertised in the Runner's World

Entry Form

Official Use Only

RACE	TIME
<input type="checkbox"/> 10K Run	9:00 am
<input type="checkbox"/> 5K Walk	9:00am
<input type="checkbox"/> 5K Run	9:00 am
<input type="checkbox"/> Kid's 1/2 K	10:30 am
<input type="checkbox"/> Kid's 1 K	10:30 am

NAME _____

GENDER (FEMALE/MALE) AGE _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE, FAX OR EMAIL _____

ADULT T-SHIRT SIZE (CIRCLE) S M L XL

METHOD OF PAYMENT

Check

Discover

Visa

Mastercard

CREDIT CARD # _____

EXPIRATION DATE _____

PRINTED NAME _____

SIGNATURE _____

TODAY'S DATE _____

I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks with running in this event including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Adirondack Association and Camp Mark Seven and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Parent's Signature if under 18 yrs. _____

Make check payable to: The Central Adirondack Association, PO Box 68, Old Forge, NY 13420 (mail before Sept. 30th)

